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Tuesday, August 29, 2017 metro.us | t: MetroBOS | f: Metro

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DROPPING OFF, PICKING UP ... PAYING UP?

A new proposal would mean that trips to Logan Airport might cost you more than just your time. 4



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KIMBERLY M. AQUILINA, WEB REPORTER

There have been some "bigly" changes in the Trump administration as people are fired or resign, which reminds us of the Saturday Night Massacre of 1973. (No, not the fictional Bowling Green Massacre, Kellyanne.) This massacre was the beginning of the end for then-President Nixon. Does the turnover in the current White House signal another staffing slaughter? metro.us/president-trump

MASS. RESPONDERS TO HELP WITH RELIEF

I Massachusetts emergency responders have headed to Houston to assist with the flooding caused by Hurricane Harvey. Now downgraded to a tropical storm, Harvey has dropped more than 30 inches of rain on some parts of Houston. On Saturday, three Coast Guard aircrafts (two helicopters and a plane) and 18 crew members based in Cape Cod were deployed to the area. Another nine Coast Guard personnel were

also sent to help with response coordination. As of Sunday, those air crews conducted 14 rescues in the Houston area, according to the Coast Guard. Volunteers with the Federal Emergency Management Agency (FEMA) based in Beverly deployed for Texas on Sunday, according to Massachusetts Task Force 1. That task force, also called MA-TF1, is one of 28 Urban Search and Rescue teams across the country that are a part of FEMA.

GERMAN NURSE SUSPECTED OF 84 MORE MURDERS

2 A German nurse jailed for murdering two patients is suspected of killing at least 84 other people, police said. The man, identified only as Niels H. under reporting rules, has "confessed in many of those cases," police said, but could not remember all the details of his actions. In past hearings, Niels H. admitted deliberately injecting patients at two clinics in northern Germany with

deadly drugs and then trying to revive them in order to play the hero, German broadcaster NDR said. He was convicted of two charges of attempted murder and two counts of murder by an Oldenburg court in 2015. Police said that they had investigated additional deaths at hospitals in the northern German cities of Oldenburg and Delmenhorst after exhuming the remains of 134 people with links to Niels H.

NOT OVER YET

3 People walk down a flooded street as they evacuate their homes after the area was inundated with flooding from Hurricane Harvey on Monday in Houston, Texas. Harvey, which made landfall north of Corpus Christi late Friday evening, is expected to dump upward to 40 inches of rain in Texas over the next couple of days. GETTY IMAGES



EU WARNS TIME IS SHORT IN BREXIT TALKS

4 The European Union's chief negotiator Michel Barnier said he was concerned at the slow progress of Brexit talks, while his British counterpart David Davis called for "imagination and flexibility" to move on. British officials arrived in Brussels on Monday hoping to push the EU toward talks about their post-Brexit ties, which the bloc refuses to launch until there is agreement on London's exit bill

and other "divorce" matters. "To be honest, I am concerned. Time passes quickly," Barnier said in short comments offered jointly by the two men to the media. "We must start negotiating seriously ... the sooner we remove the ambiguity, the sooner we will be in a position to discuss on the future relationship and a transitional period." The two sides hold a third round of Brexit talks from Monday to Thursday.

SHOWTIME HIT WITH LAWSUITS OVER FIGHT

5 Two U.S. boxing fans have filed lawsuits against cable TV provider Showtime over the quality of the livestream for the much-hyped weekend fight between Floyd Mayweather and Conor McGregor. Two separate lawsuits, filed in Oregon federal court by Portland resident Zack Bartel and by Victor Mallh in New York federal court, seek class-action status for what

they allege were failures in Showtime's pay-per-view live stream of the match in Las Vegas. Bartel and Mallh said they had paid \$99.95 to Showtime to watch the match. Bartel's unlawful trade practices lawsuit said that instead of being a "witness to history" as promotions for the fight had promised, all he saw was "grainy video, error screens, buffer events, and stalls."

FAST FACT
72%

A new Rasmussen Reports national telephone survey finds that 72% of Likely U.S. voters believe most politicians raise racial issues to get elected.
Source: Rasmussen Reports



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HURRICANE HARVEY

Trump to talk with Congress on funding Hurricane Harvey recovery

President Donald Trump said on Monday he would talk with Congress about how to fund what will be a very expensive recovery from Hurricane Harvey as deadlines loom on the U.S. budget and federal debt ceiling.

It is unclear how the hurricane relief will impact budget talks in Washington. Trump has threatened a government shutdown over the budget unless lawmakers

include funding for his proposed border wall with Mexico.

Speaking to reporters in the Oval Office, Trump lauded the efforts by Texans to extract storm victims from flooded areas of Houston and beyond after record-breaking amounts of rainfall from Hurricane Harvey.

"We're dealing with Congress. As you know it's going to be a very expensive situation," said Trump.

Trump will visit Texas on Tuesday. He said he might return on Saturday and could stop in

Louisiana where the storm is now dumping rain.

Trump, who has presided over a number of Cabinet meetings to help coordinate the federal response, said "things are being handled very well" and he hailed the relief effort.

"It is a historic amount of water. There's never been anything like it. So the people are handling it amazingly well and the people of Texas as you know have really persevered. And when you watch the spirit and the enthusiasm and

helping each other and the teamwork, it's really been something," he said. **REUTERS**



President Trump spoke about Harvey relief efforts on Monday. **GETTY IMAGES**

Proposal would charge to pick up, drop off at Logan Airport

MassPort may charge you to drop off and pick up people from Logan Airport as a way to reduce environmental harm.



KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

Dropping off or picking up a friend at Logan International Airport may soon cost you more than just your time.

The Massachusetts Port Authority will study a proposal by the Conservation Law Foundation (CLF) on charging a fee for drivers who pick up or drop off passengers at the airport.

The foundation is a nonprofit that focuses on finding solutions to New England's "biggest environmental challenges," according to its website.

One of those challenges is the congestion and pollution created by large numbers of cars idling at airport terminals, according to CLF Vice President Rafael Mares.

"Traffic in and out of Logan Airport continues to worsen and we cannot ignore any solution that has the potential to save passengers time while also curbing carbon emissions associated with frequent drop-offs

and pick-ups," he said in a statement.

"Pass through rates have been effected elsewhere," he added, "And it is prudent to at least explore the potential impacts of a similar program here in Boston."

More than 20,000 cars enter Logan to drop off or pick up passengers, according to the Boston Globe. If that favor comes with a fee, the foundation hopes, that number could be reduced.

In May, Massport, which operates the airport, agreed to invest in electric vehicle charging stations throughout its parking lots and to electrify its gas-powered equipment, as part of a deal with CLF.

CLF also asked that Massport examine other measures to reduce auto emissions at Logan, according to the Globe. In exchange, the foundation agreed not to oppose Massport's parking plan that seeks to create 5,000 new parking spaces at the airport.

Opening up more parking spaces may actually lessen the environmental impact of the airport, according to CLF. Fewer parking options means passengers are dropped off and picked up, which means two trips to the airport. If passengers can park their car, they only drive to and from the airport once.

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Logan airport pick ups and drop offs may soon get more expensive. **NICOLAUS CZARNECKI/METRO**

Russell Brand has a new wife



Brand's got a brand new victim — I mean — lady.
ALL PHOTOS GETTY IMAGES

Russell Brand — former husband of the personification of a stale rainbow swirl lollipop known professionally as Katy Perry — has a new wife that isn't Katy Perry. Jolly good, I guess.

Brand married fellow British person Laura Gallacher over the weekend in a ceremony so small and so intimate that various outlets waited until Monday morning to run any stories on it. The reception was Indian-themed, which was nice. Attendees included family and friends and the couple's 9-month-old daughter Mabel, which all still...er, sounds lovely.

The Not That Funny Dude confirmed the news on Sunday on his

Radio X podcast, saying, "I'm living a married life now... I'm domestic." Uh-huh. Brand and Gallacher, a lifestyle blogger, rekindled their romance in 2015. Before then, they had been dating off and on since 2007.

Anyway congratulations. Not that anybody asked her, but I'm pretty sure Perry is just fine with this.

Kathy Griffin & Anderson Cooper are no more

Kathy Griffin would like you to know that she no longer considers Anderson Cooper a friend. It's a hot take!

As you may recall, Griffin came under fire about three months ago for posing with a replica of President Donald Trump's bloodied, decapitated head. It was... not that big of a deal, but some of y'all felt like it deserved an unprecedented amount of attention.

Now, the comedian is opening up to

New York Magazine's The Cut and baby, she's fed up. And that's because Cooper apparently went around town telling everyone he was still friends with Griffin — without having spoken to her, ever.

Cooper first condemned Griffin's behavior on Twitter. Then in July, he told Andy Cohen they were still friends.

"I didn't think what she said was appropriate, but I wish her the best and I hope she bounces back.

She's incredibly funny and a lot of people love her." OK, Coop — may I call you Coop? — that's cute but you could have called. Anyway, it's fine.

They're both rich enough to buy new friends anyway.



These two are no more. No more, I say



North West doesn't care for Saint West

Kim Kardashian is filling in for Kelly Ripa on Live with Kelly and Ryan — for what reasons, I do not care to know. But Kardashian is using the opportunity to let you know that North and Saint are not in fact friends.

Mostly, it looks like 4-year-old North and 18-month-old Saint have an early sibling rivalry going. "I don't know if it's because she's the older sister, I don't know what it is," Kardashian said. "I thought it was a phase [but] she does not like her brother. It's so hard for me!" Yeah well, I'd be mad if someone as adorable as me came and tried to steal my spotlight too. So I feel for you, North.

If there are in fact teams, know this: Saint is extremely adorable, but I'm with Team North on this one.



Got a regular sibling rivalry going.

Caitlyn Jenner called out by trans activist

On the day after Trump banned trans people from serving in the military, trans activist Ashlee Marie Preston called B.S. on Caitlyn Jenner for being a supporter of 45.

"It's really f—ed up that you continue to support somebody... that does everything with the military, that's erasing our f—g community," Preston told Jenner at a Trans Chorus event in L.A.

Jenner did vote for Trump, but has since expressed criticism of some of his policies. In July, when Trump first announced his plan to ban transgender people from the military, Jenner tweeted, "There are 15,000 patriotic

transgender Americans in the US military fighting for all of us. What happened to your promise to fight for them?"

For Preston, it's too little too late. "As long as we continue to be the ones that are most impacted by the choices that you make, it is not OK," she continued.

When Jenner attempted to defend herself, saying "You don't know me," Preston fired back, "Yes, I do. You're a f— fraud and a fake."

On Twitter, Preston further defended her stance: "Desperate times call for #desperate measures. A #loud, #angry#black#trans#woman" is more affective than a #dead one." KATE MOONEY



Too little, too late.

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Jon and Dany's lackluster sex

"Game of Thrones" can do better — and has many times before.



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

"Game of Thrones" had a lot of nerve teasing Jon and Daenerys' so-called attraction to each other — then following it up with what has got to be the most uninspiring and vapid sex scene in the entire series.

In its early seasons, "Thrones" was known for its...uh, somewhat over the top depictions of sexual relations. Besides the often casual portrayal of rape, the show often featured what would be coined as "sexposition" — meaning, the series would take scenes heavy with exposition and pad them with some extra oomph by making sure some-

The moment we were all waiting for was pretty meh.
HBO



one was getting it on in the background. As the show has matured, David Benioff and D.B. Weiss have thankfully gotten a bit wiser about the way they depict sex on screen. But with the scene between Jon and Daenerys, it seems like they've given up on sex

being sexy ever again in the "Thrones" world.

It's possible to both be responsible about the kind of sex you show in the series and for your characters to have hot, sexy and fulfilling sex lives. And both Jon — I mean, Aegon — and Daenerys

had whole seasons dedicated to them finding their sexual footing. In the first season, Daenerys went from being a victim to being a woman with heaps of sexual agency in her marriage with Khal Drogo; and she learned a lot from her handmaids along

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scene was the worst



the way. Jon, never forget, had his own heavy dose of sexual healing from a certain fiery wildling in the third season. At this point, these two adults know what they're doing.

And yet, the finale of the seventh season just gave us a scene of

Jon artfully lying on top of Daenerys, a literal undead wet blanket. There's no semblance of passion, nor desire. And it's frustrating! Here's a moment "Thrones" has been teasing all season long, and it falls absolutely flat. We're supposed to

believe that Jon and Dany's attraction to each other is so overwhelming and sparkly and inevitable, but they don't seem very into having sex with each other.

There's Dany, now nothing more than a pillow princess — even though her sexual relations with Drogo and Daario have proven otherwise. And there's Jon on top of her, listlessly humping away. I didn't spend countless hours watching and rewatching episodes of "Game of Thrones" to suffer through this. And sure, they're related — but seeing as we saw twins Cersei and Jaime getting it on very vigorously in the pilot of the series, I'd say we deserve a bit more. I don't know, chemistry between these two Targaryens.

Gotta give it up to Jon, though. He's really grown into a hot piece this season. For a dead guy, he looks fantastic.

ELIZABETH GRADY

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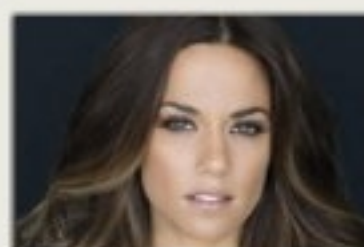
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MAKE HEALTHY YOUR NEW HAPPY

There are steps you can take to assess whether your drinking has become a problem. **ISTOCK**

Curb your drinking habit

Alcohol abuse in America is now considered a public health crisis. How do you know if it's a problem for you?



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

We drink so much in this country that according to a new study, alcohol abuse now constitutes a "public health crisis."

The study, published this month in JAMA Psychiatry, compares the drinking habits of more than 40,000 adults, based on interviews conducted in 2001-2002 and again in 2012-2013. A decade later, the authors found that 'alcohol use' had increased by 11 percent, 'alcohol use disorder' by 49 percent, and 'high-risk drinking' by 29.9 percent.

So how do you know if drinking has become a problem for you? We spoke with Dr. Jeremy Frank, PhD, a Philadelphia-based psychologist and certified alcohol and drug counselor, about warning signs, getting help, and his advice for conquering long-term sobriety.

How much is too much?

First, the numbers: Quan-

tity-wise, the National Institute on Alcohol Abuse and Alcoholism defines binge drinking as around four drinks for women, five drinks for men, which usually results in a blood alcohol count of .08 g/dl. Heavy alcohol use is defined as binge drinking on five or more days a month, while low-risk drinking for women is defined as no more than three drinks in any day, no more than seven in a week; for men, no more than four in a day, or 14 in a week.

Warning signs

Beyond the actual count, there are additional

indicators that you might be drinking too much. "When drinking affects our relationships with friends, partners or family, our career occupation or school, it can be an indication of a problem," explains Frank. "Or, when it causes another psychiatric or psychological problem such as anxiety, depression, stress, angry outbursts or legal problems like a DUI."

"In general, and very simply, alcoholism can be defined by drinking despite very serious consequences," he says. And be wary if you find yourself spending too much time drinking or recovering from drinking, especially

if you're covering it up or lying about it.

If you find yourself constantly thinking about your drinking, that's another red flag. "Social drinkers do not sit around questioning whether or not they have a drinking problem," he points out.

Getting help

First, try cutting down, Frank advises. See if you can go two weeks or even a month without drinking to "regain control" — although, he warns, if you are physiologically dependent, going cold turkey could cause dangerous

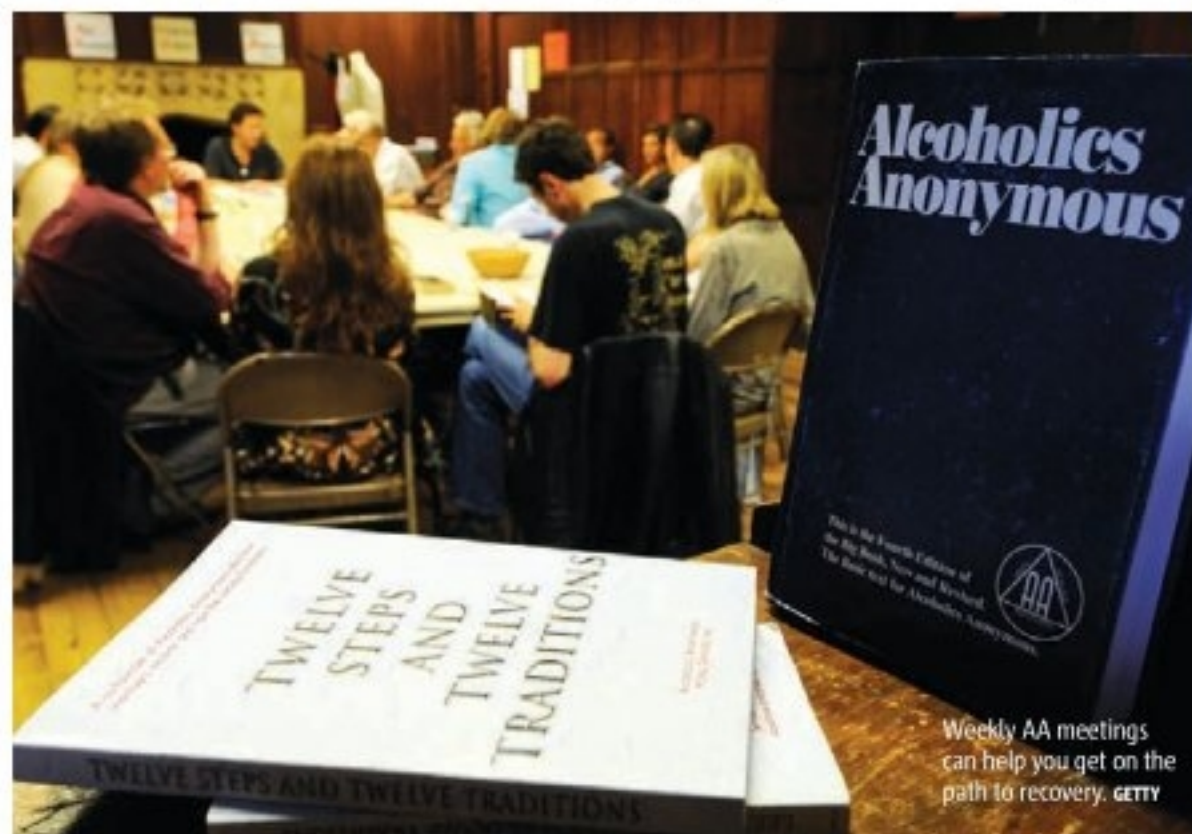
withdrawal symptoms, including seizures and heart attack.

In some cases, after removing alcohol for a period of time, there are ways to moderately reintroduce it, following the NIAAA guidelines for "low-risk drinking." Make sure you have an addiction psychologist or substance abuse counselor to advise you through the next steps. He also recommends taking medications that reduce cravings, such as Vivitrol or Naltrexone and attending Alcoholics Anonymous meetings. If you find you need more help, talk to your counselor

about trying outpatient treatment, and if that doesn't work, it might be time to consider becoming an inpatient.

His advice for tackling sobriety, long-term? Add meaning and purpose to your life. "You have to say no [to drinking] but then you have to listen to what's missing," he says. "Are you bored, lonely, stressed or anxious? Now you get to learn about yourself more and figure out what you need. Once you say no, it is really so much more about what you say 'yes' to."

Visit the niaaa.nih.gov for more information, resources and support.



Weekly AA meetings can help you get on the path to recovery. **GETTY**

The CAGE questionnaire

A good way to assess your drinking is by asking yourself these four questions, known as CAGE, commonly used as a substance abuse screening tool. Answering yes to two or more of the below indicates that alcohol could be an issue for you.

- Have you ever felt you should Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt bad or Guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?



Do you drink too much?

WRITTEN BY
Dr. Deni Carise

Deciding whether or not you have a drinking problem isn't often a yes or no answer. In reality, substance use, abuse and recovery are complicated, soul-searching experiences that are rarely easy. The truth is that when you are drinking too much, it's difficult to trust your own perspective. All too often, we dismiss or downplay our destructive behaviors by convincing ourselves that our drinking is normal even if others feel it is excessive. ("I can handle my liquor; it's no big deal.") The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings blood alcohol

concentration (BAC) levels to 0.08. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

The first, and often most difficult, step is seeing a drinking problem for what it is - a problem. At Recovery Centers of America, we suggest two quick, and highly effective, methods to help bring alcoholism into focus. Are they equivalent to a professional assessment? No, but they do represent a great starting point for those who are questioning their drinking habits. Your scores can help determine whether you'd benefit from a formal assessment or potential treatment.

The first one is the **CAGE**, which is built around four important questions. Those who answer "yes" to at least two may want to take a closer look at their drinking.

C – Cut down: Have you ever felt you should cut down on your drinking?

A – Annoyance: Have people annoyed you by criticizing your drinking?

G – Guilt: Have you ever felt bad or guilty about your drinking?

E – Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

The CAGE quiz goes hand in hand with the **T-ACE** questionnaire, which uses a point system to highlight potentially dangerous drinking habits. If you answer "yes" to A, C or E, give yourself one point each; a "yes" for question T equates to two points. A minimum score of two may be a warning sign of alcoholism.

T – Tolerance: Does it take more than two drinks for you to feel intoxicated?

A – Annoyance: Have people annoyed you by criticizing your drinking?

C – Cut down: Have you felt you ought to cut down on your drinking?

E – Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Again, treat these questionnaires, although found valid and reliable in scientific studies, as a starting point, not a diagnosis. If they've indicated an unbiased sign of excessive drinking, the next step is seeking a professional assessment. Recovery Centers of America is dedicated to treating the whole person, not just alcohol use. In other words, we're interested in healing the reasons why alcohol became a problem in the first place.

We offer both inpatient and outpatient programs to deliver a personalized plan that's unique to each and every person; there simply isn't a one-size-fits-all approach to treatment or recovery. This is precisely why we tailor individual treatment plans to meet the needs of each patient. We also dig deep into why drinking has become a go-to behavior. Instead of simply treating the symptoms, we prioritize doing the inner work to address the root cause of the drinking. Recovery Centers of America also offers family services, 12-step meetings, relapse prevention and intervention plans, wellness programs, educational seminars and more.

Let the CAGE and T-ACE questionnaires be a jumping-off point to a healthy next chapter in your life. Begin your recovery journey



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Deni Carise, PhD is a Clinical Psychologist and Chief Clinical Officer at Recovery Centers of America. She's also an Adjunct Clinical Professor at the University of Pennsylvania's Department of Psychiatry. She has published numerous peer-reviewed and professional journals and has presented over 150 lectures.

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How to remedy your foot pain

Tips to prevent plantar fasciitis and other common conditions.

MEGAN JOHNSON
@MetroBOS
letters@metro.us

Spending all day on her feet takes a toll on Rachelle Pojednic. But the Flywheel instructor has a simple tool to combat foot pain: a small, dense, bouncy ball she bought for 25 cents from a grocery store vending machine.

"I place the ball under the part of my foot where I feel the pain, applying a bit of my weight. Then I close my eyes, be still and breathe," says Pojednic. "This is actually a great overall restorative tool because the release in your feet can lead to relaxation in other parts of your body as well."

But it's not just athletes who run and bike hundreds of miles that develop chronic foot pain. "My feet hurt" is one of



The recovery footwear industry has solutions for common foot ailments. ISTOCK

the most common complaints at the end of a long day, whether it's from uncomfortable shoes or constant pounding on your feet while working out. Dr. Susan Wexler

says the most common issues patients come to her with are ingrown toenails, warts, foot infections and plantar fasciitis, better known as heel pain caused by stress on the

tissues that run from the heel to the base of the foot.

"The best thing they can do is wear an arch support and good-quality sneakers," says the podiatrist. Beyond daily stretches and exercises you can implement to alleviate symptoms, "the best long-term treatment for plantar fasciitis — the gold standard — is custom-made arch-support orthotics."

With so many complaints about foot pain these days, footwear companies are becoming even more savvy when it comes to keeping comfort

in mind while designing their products. Sally Murphy, senior director of Women's Design at shoe-maker Rockport, says that the summer is a particularly bad season for foot pain because people tend to wear flatter, less supportive footwear.

"We suggest wearing a shoe or sandal that has an anatomic footbed with a molded-heel seat, which offers support," says Murphy. "We also suggest a sole that is firm and offers significant stability and support."

The "recovery footwear" industry is taking foot health a step further.

Shoes by Oofos use specialized foam to absorb and disperse impact 37 percent more than traditional footwear. By cradling the foot's arch, its shoes and sandals relieve pressure on the ankles, knees, hips and lower back.

"When you look at the main ankle-joint surface, the area is extremely small as well — roughly 1 inch — significantly smaller than your body size," says Dan Dyrek, a spokesman for Oofos.

"This sets up most people for the common risk of foot injuries due to overload."

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Are you getting total treatment for your addiction?

What services do you offer?

ATCNE individualizes each person's treatment in hopes of providing the services that are relevant for each client. In addition to medication assistance, ATCNE offers individual, family and group counseling services. Groups are tailored to various needs and themes including relapse prevention, stress management, parenting, health and nutrition, dual diagnosis, women's and men's issues, and trauma informed groups.

What makes ATCNE unique from other programs?

ATCNE has a strong focus on providing "total treatment." Medication is one part of treatment but education and support are equally important components. ATCNE recognizes the need to treat substance use on the medical, physical, emotional and environmental levels. To help treat co-occurring issues, ATCNE has close relationships with other organizations and programs and is able to facilitate referrals into additional mental health and medical services. Overall, ATCNE also has a very positive and hopeful approach to recovery. The understanding is that everyone is capable of recovering and despite each client's individual struggles, there is hope for everyone.

How has treatment changed in light of the opiate epidemic?

The epidemic has brought more awareness to the community who may not have previously been educated on substance use and recovery. At ATCNE, we have made increased efforts to provide resources and education to loved ones and the community as this is a vital part of "total treatment." Additionally, we have increased education for all clients on

overdose prevention, NARCAN and harm reduction strategies. NARCAN prescriptions are made available to all clients. ATCNE has also increased crisis intervention services in hopes of getting those struggling with substance use into treatment faster and at the appropriate level of care.

Isn't methadone just another drug?

No, methadone is a medication that reduces withdrawal symptoms and cravings in people addicted to heroin or other opiates without causing the "high" associated with drug addiction. By addressing the physical symptoms of opiate addiction, an individual is able to begin to stabilize and start rebuilding their life. ATCNE offers both long and short-term treatment and works closely with clients to help transition off of methadone.

How does treatment accommodate work and childcare schedules?

ATCNE has early morning and extended hours to try and fit the schedules of those who work or are dealing with childcare. ATCNE offers early morning, evening, and weekend groups and counseling services as well as extended medication times. Additionally, ATCNE also offers a parenting group in which infants are allowed to attend in order to help those in treatment who are in need of parenting support but may not be able to find childcare.

What services are you offering to help family and friends also affected by opiate addiction?

Because substance use affects more than just the individual, ATCNE prefers to include family and loved ones throughout the entire duration of treatment. ATCNE offers family counseling services

as well as a family education group to help explain the treatment that is being offered and ways in which family and loved ones can support those in treatment.

What brought you into the field of substance use treatment?

I, like all of our staff, have been personally affected by substance use in one form or another. This creates a deeper understanding and compassion and helps to make the work more meaningful.

What do you like about working at ATCNE?

ATCNE offers a lot of support and education to its clinicians. There is a low turnover in staff with many clinicians working here for over 10 years. This helps to create a close and supportive "family" environment working.

Quotes from clients:

"ATCNE has literally saved my life. The structure of the group therapy, one-on-one counseling, and loving staff has been the focal point to my success in recovery as well as my personal and professional life. I couldn't be more thankful for their services." - MM

"ATCNE has been an instrumental tool learning how to live again and maintain long-term clean time and sobriety. I am truly grateful for this treatment center." - GC

"I have only good things to say about ATCNE." - FA

"ATCNE got my life on track...it has helped me to maintain a productive life in recovery." - KA



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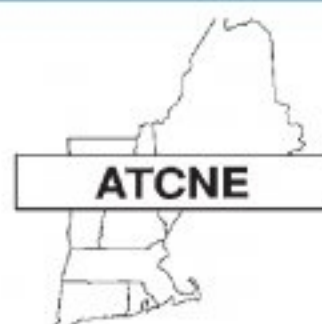
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Sox need to get back on track quickly

Late August is no time for a slump in baseball.



MATT BURKE
@burke_metro
matthew.burke@metro.us

The month of August for the Red Sox has been much like a late summer day in New England: hot early and midway through, but chilly at the end.

Chilly might be generous as the Sox lost the final game of their series at Cleveland last Thursday and were inexplicably swept by the Orioles at Fenway this past weekend. The Boston offense was mighty pathetic against the O's as the team scored a combined four total runs in the series and were shutout on Saturday. The pitching has been equally as bad lately as the Sox surrendered 13 runs to the Indians in that aforementioned series finale and followed it up by giving up a whopping 16 runs to Baltimore on Friday night. Saturday wasn't much better as they



Chris Sale hasn't had the best month of August. He'll get the ball for the Sox Tuesday in Toronto. GETTY IMAGES

on Aug. 19, and allowed six earned runs in just 3.0 innings of work against the Indians in Cleveland last week. To be fair, those stinkers sandwiched two strong outings in the middle of the month by Sale – but the bottom line is that he has not looked like himself this month.

It's important that both the lineup and the pitching staff gets back on track this week in Toronto, as looming this weekend for the Sox is a monster four-game series against the Yankees in the Bronx.

Sox manager John Farrell believes this recent bump in the road may wind up being a good thing for his club.

"This is where our team has performed at its best, when we're faced with some adversity," Farrell said. "We've banded together, we've rallied around one another. We have a good challenge ahead of us. I've loved the way we've responded to challenges throughout this year."

gave up seven runs in the shutout loss.

It's easy to say that it's a good time that Chris Sale (14-6, 2.88 ERA) gets the ball on Tuesday night in Toronto, but the truth is that

the Cy Young candidate has been mediocre this month. He gave up seven earned runs on Aug. 1 at Fenway against Cleveland, allowed four earned runs in a loss to the Yankees

C's-Cavs trade still in limbo

The Celtics and Cavaliers have still not made any headway on completing the Kyrie Irving deal as the Cavs want a revised deal from Boston to make up for the C's allegedly not being forthright about Isaiah Thomas' hip injury.

The two sides have until Wednesday at 10 a.m. to complete a deal or they could mutually ask the NBA for an extension.

One thing that does not seem likely is Thomas returning to the Celtics in any way shape or form.

Terry Pluto of Cleveland.com described Thomas as irate that Boston traded him and that it would be a "miserable situation" if he has to go back to the Celtics.

The Cavs will at least ask about the Celtics adding promising draft picks Jaylen Brown and Jayson Tatum in a revised deal, but it would

be highly unlikely that the Celtics would part with either player. In the end, the Celtics having to cough up a second-round pick could be the settlement.

There's also the possibility that Danny Ainge calls the Cavs' bluff or is even bold enough to ask for the Cavs to put Kevin Love on the table.

Ainge has long been enamored with Love, but the only way the C's could make it work now is if they were to trade a monster contract like that of Al Horford's.

MATT BURKE



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For more information about this trial or to see if you qualify, please call (617) 636-7462 or email ndonovan1@tuftsmedicalcenter.org

Principal Investigator:
David Rosmarin, MD
Department of Dermatology
Tufts Medical Center, Boston, MA

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MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Kimberly M. Reid to Mortgage Electronic Registration Systems, Inc. as nominee for RBS Citizens, N.A., its successors and assigns, dated July 30, 2008 and recorded with the Suffolk County Registry of Deeds at Book 43866, Page 202 subsequently assigned to Wells Fargo Bank, NA by Mortgage Electronic Registration Systems, Inc. as nominee for RBS Citizens, N.A., its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 51924, Page 49; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on September 19, 2017 at 10 Summit Circle, Boston (Hyde Park), MA, all and singular the premises described in said Mortgage.

TO WIT:

THE LAND AND BUILDINGS THEREON SITUATED ON Summit Circle in the Hyde Park District of Boston, Suffolk County, Commonwealth of Massachusetts, being shown as Lot C on a plan entitled "Subdivision Plan of Land, Boston, MA, Hyde Park District" dated July 8, 1967 and recorded with Suffolk Deeds at the end of Book 8139, bounded and described as follows: WESTERLY by Summit Circle as shown on said plan by a curved line, seventy (70) feet; NORTHERLY by lot B, twenty-two and 86/100 [22.86] feet; NORTHEASTERLY by lot B, twenty-two and 70/100 [22.70] feet; NORTHERLY by lot B, sixty-nine and 10/100 [69.10] feet; NORTHEASTERLY by land of owners unknown, sixteen [16] feet; SOUTHEASTERLY by land of owners unknown, sixty-two and 20/100 [62.20] feet; NORTHEASTERLY by land of owners unknown, sixty-three and 30/100 [63.30] feet SOUTHEASTERLY by land of owners unknown, sixty-two and 20/100 [62.20] feet, SOUTHWESTERLY by land of owners unknown, eighty and 23/100 [80.23] feet. Containing 7,748 square feet of land according to said plan. Together with the right to use Summit Circle in common with others entitled thereto. For title reference see deed recorded herewith

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

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Present Holder of said Mortgage,
By Its Attorneys,
ORLANDS PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
14-009495

August 29, 2017, September 5, 2017
and September 12, 2017

LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Audrey H. Hargrove and Samuel James Hargrove, Jr. to Chase Bank USA, N.A., dated September 8, 2005 and recorded with the Suffolk County Registry of Deeds at Book 38098, Page 142, as affected by Loan Modification recorded with said Registry of Deeds in Book 52440, Page 321 subsequently assigned to JPMorgan Chase Bank, National Association by Chase Bank USA, N.A. by assignment recorded in said Suffolk County Registry of Deeds at Book 50267, Page 201; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on September 19, 2017 at 158 Balfour Avenue, Boston (Dorchester), MA, all and singular the premises described in said Mortgage

TO WIT:

The land in that part of Boston Formerly Dorchester with the buildings thereon, being Lot 17 on a plan made by W.D. Badger, surveyor, dated June 01, 1892, and recorded with Suffolk Registry of Deeds Book 2097, Page 34, and bounded and described as follows: Northwesternly by Balfour Avenue, forty (40) feet; Southwesterly by Lot 18 on said plan, one hundred (100) feet; Southeasterly by Lots 8 and 9 on said plan, forty (40) feet; and Northerly by Lot 16 on said plan, one hundred (100) feet.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

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A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

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- 29 Loathes
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- 33 Stayed
- 35 Woosnam of golf
- 37 Upholstery choice
- 39 MIT grad
- 40 Edge past
- 42 Dixie st.
- 43 Sees it the same way
- 46 Volcano's output
- 47 Blackboard needs
- 49 Harder to believe
- 51 Olin or Horne
- 52 Leslie Caron film
- 53 Professor's goal
- 56 Set up
- 60 Mushroom part
- 61 Drift here and yon

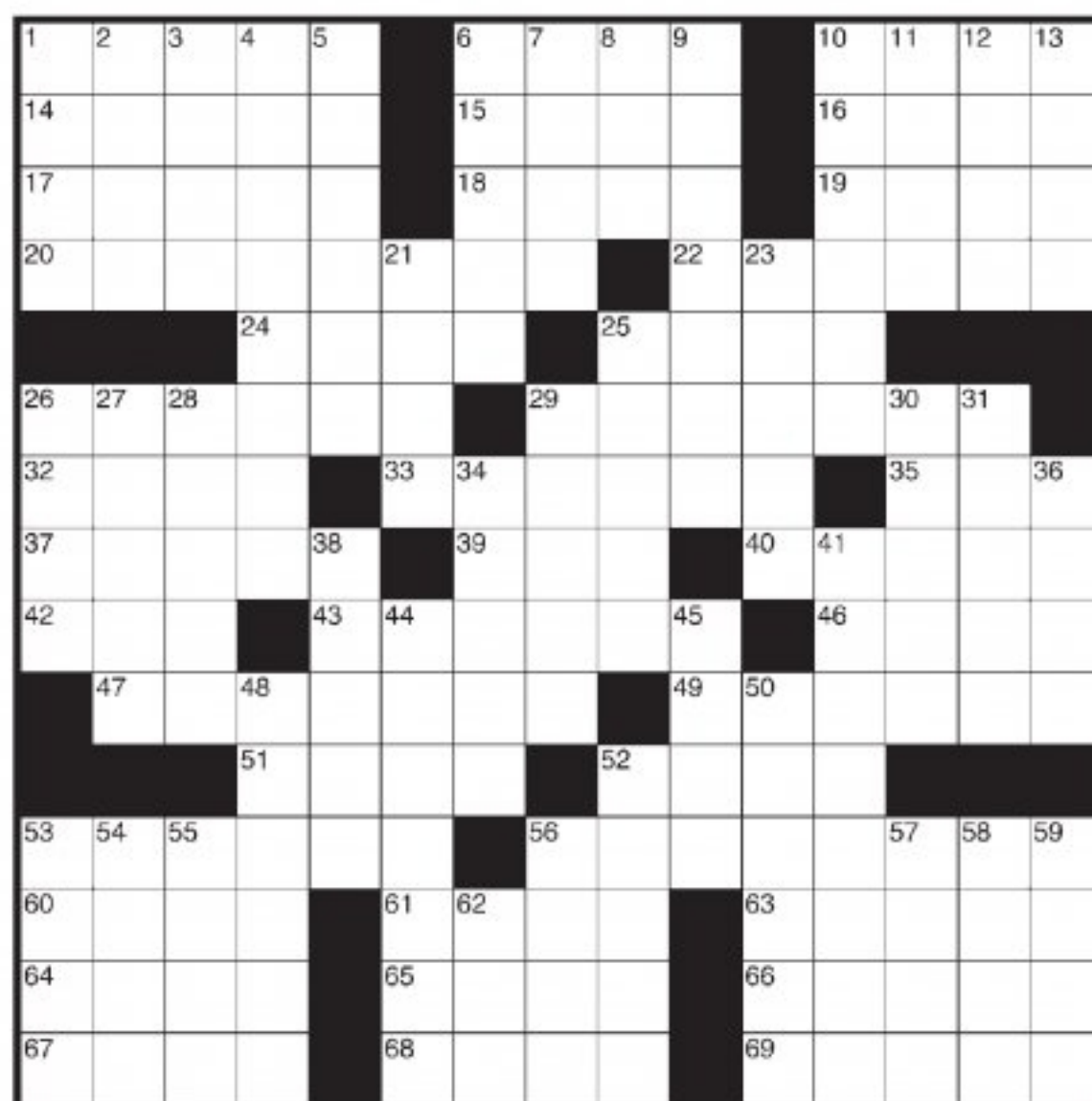
- 63 March composer
- 64 In a while
- 65 No future --
- 66 Shankar's strings
- 67 Hindu princess
- 68 Pedro's house
- 69 Debate topic

Down

- 1 Lectern
- 2 Air show maneuver
- 3 Go against Galahad
- 4 Style
- 5 Fix a boot
- 6 Nepal neighbor
- 7 Like some cheeses
- 8 RV haven
- 9 Learned
- 10 Stair parts
- 11 Medicinal plant
- 12 Graven image
- 13 Inquisitive

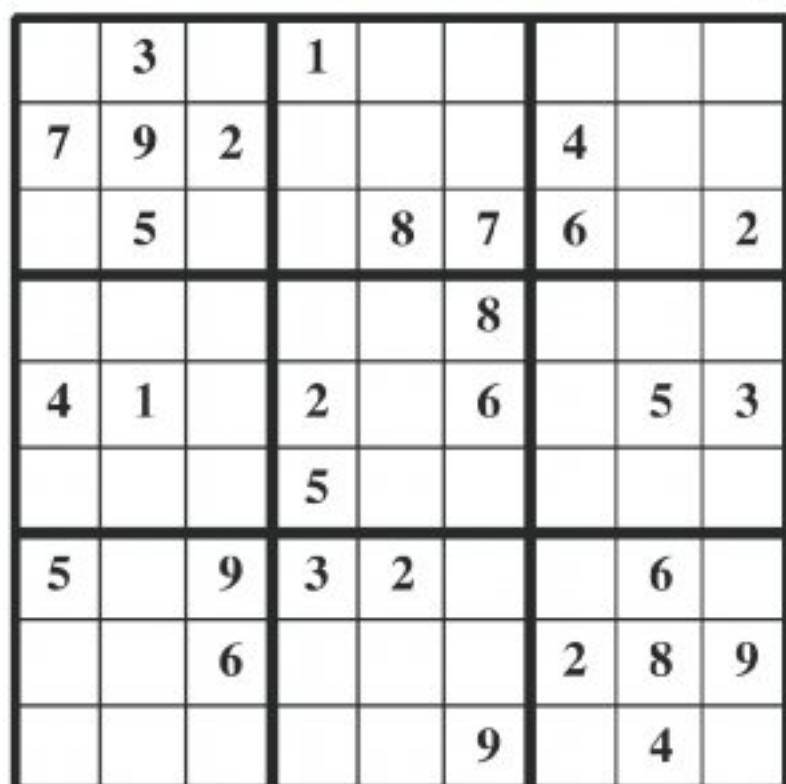
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- 23 Cattails
- 25 Be evasive
- 26 Website language
- 27 Novelist -- Zola
- 28 Treasure hunter's aid
- 29 Eats
- 30 Type of pool
- 31 Healing ointment
- 34 Catcher under Stengel
- 36 Close by
- 38 Type of computer printer
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- 44 Brand X
- 45 Follow the recipe
- 48 Graduates
- 50 Andre of tennis
- 52 Ms. Garbo
- 53 Bygone tyrant
- 54 Sight from Messina
- 55 Inert gas
- 56 Hertz competitor
- 57 Slangy courage
- 58 Rebekah's son
- 59 Meet defiantly
- 62 Off -- tangent

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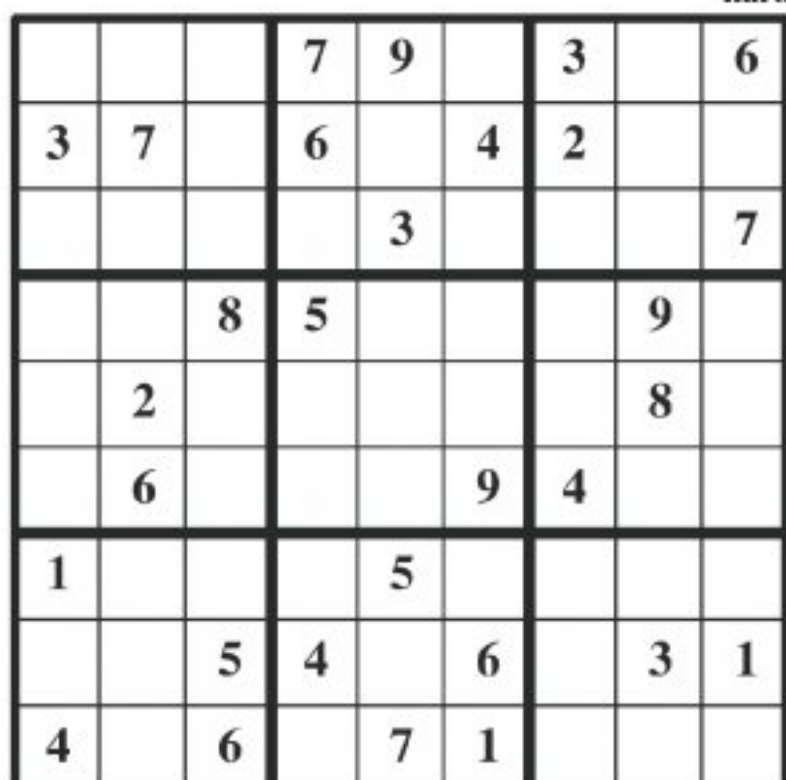


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hard



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Taurus Don't count on anyone but yourself. Disappointment will lead to an argument. Learn from experience and keep the doors of communication open.



Gemini You'll be fed information that contradicts your beliefs. Keep your distance from anyone using emotional tactics to get you to agree. Deception will lead to disappointment.



Cancer Business talks or arrangements will not be straight or easy to follow. Don't let confusion set in. If something doesn't feel right, ask questions and make amendments.



Leo Your involvement in functions that give you the opportunity to share what you have to offer will lead to an appointment you won't want to miss.



Virgo The changes you want to make may not be feasible. Don't make an impulsive decision that will be hard on your bank account. Say no to emotional spending.



Libra Don't mix money and emotions. If you feel the need to spend cash, make sure you are investing in something that will help you get ahead. Talks will encourage results.



Scorpio Be passionate about what you do, but don't miss out because you are too stubborn to admit you made a mistake. Aim to fix whatever isn't working properly.



Sagittarius The truth will be difficult to digest. Listen carefully and only offer what you know to be factual. Keeping talks mellow will encourage positive results.



Capricorn Hidden matters are best kept that way, especially if it concerns a financial, legal or health matter. A partnership will offer you relief and bring you good fortune.



Aquarius Look at all your options and go over your financial situation. Investing in something you enjoy doing will lead to a prosperous new venture.



Pisces Keep an open mind, but don't be gullible. Question anyone offering something that appears unrealistic or promotes an ulterior motive. **EUGENIA LAST**

Yesterday's answers											
S	L	O	T	C	O	W	E	D	U	R	D
N	A	P	A	O	L	I	V	E	G	A	I
O	M	E	N	O	L	S	E	N	L	I	E
B	A	C	K	F	L	I	P	P	I	N	T
A	L	L	O	Y	S	S	O	F	T	S	P
D	E	E	P	T	R	A	I	T	T	E	R
L	A	G	E	L	L	R	A	P			
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E	G	R	E	T	C	H	U	R	C	H	E
T	O	O	N	S	O	L	A	R	E	A	S
T	A	L	E	A	W	A	K	E	R	I	T
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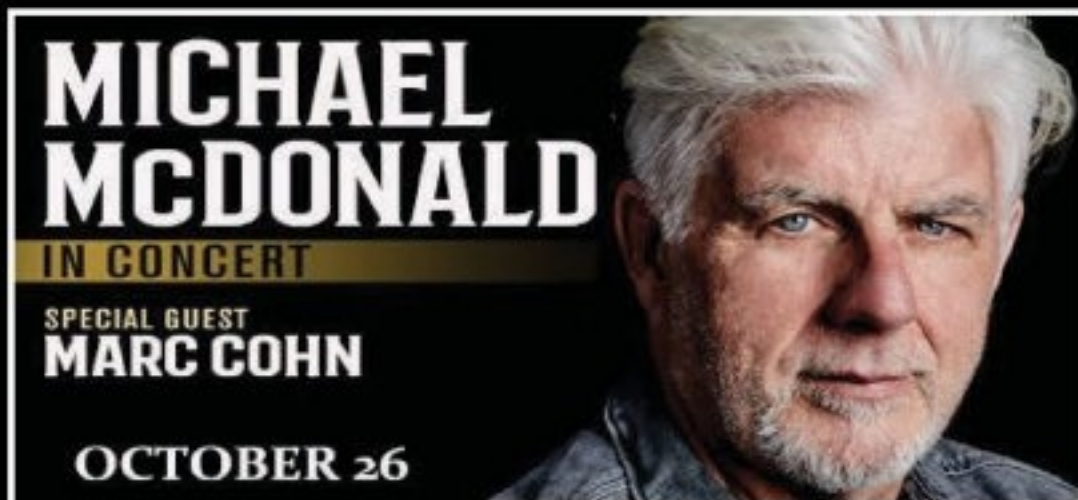


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